

250+ Inspirational Quote and Sayings

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“Your writing is both
inspirational and
motivating...”

Halima Sarki

Abuja Nigeria

“My husband is Abu Abdillah, and what is Abu Abdillah(i.e. what should I say about him)? (Has) a determination unmatched by many of his contemporaries. An aspiring zaahid, barely appearing to be connected to the world, and with a large heart both physical and

metaphorical. A man extremely quick to anger but is quickly soothed by the verses of the Quran and authentic narrations of the religion. His ambition is unmatchable to many, and coupled with his Tawakkul(from what one can humanly observe), always seems to get whatever of the halal he sets his heart

upon, or better(directly
from His Rabb/ Creator)"

Umm Maryam

[My wife is Umm Maryam, and
what is Umm Maryam(i.e.
what should I say about her)?
Her worship of Allah(from
what the eye can see) comes
close to no one I have ever
witnessed before(with my
own eyes), her supplications
are always answered(from
what Allah has blessed me

with of little knowledge). Her worldly beauty has a distant resemblance to that of The Hur Al 'Ain of Jannah. On top of that, Allah has fully concealed it to none other than her husband, through her niqaab. Her zuhd/ abstemiousness has a resemblance to the one who's name she bares, from the Quran and Sunnah; Maryam 'aleihaassalaam. Her detachment from the dunia is undescribable, and just like

Maryam 'aleihaassalaam, her
provisions from her Creator
never cease, whether her
husband provides for
her(from the little he has) or
not.- Abu Abdillah]

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a. Introduction

Bismillahirrahmaanirrah

eem

In The Name of Allah, The
Entirely Merciful, The
Especially Merciful

This is a book containing
over 200 Inspirational

quotes- by the will of
Allah.

a.

b. Text(Matn)

i.

**Bismillahirrahmaanirrah
eem**

In The Name of Allah, The
Entirely Merciful, The
Especially Merciful

Alhamdulillah wassalaatu
wassalam 'alaa
Rasuulillah

All praises be to Allah and
salutations and peace be
upon the Prophet
Muhammad, His Family,

His Companions and all
those that follow him
until the day of
Judgement

To proceed

100 Life Reflections of an Orthodox Islamic Muslim

1. Immerse yourself in the oceans of knowledge, and hope to remain with at least a drop when you are out
2. You will never face justice until you are just, and the most important justice for yourself is

establishing the Tawheed
(True Monotheism) of Allah.

3. Change will never come, until you change yourself.

4. One day you can be guided, the next you can be misguided. What is upon you is to pray and never give up hope of Allah's mercy

5. It is upon you to reprimand yourself when

you see you are not good today as you were yesterday. What did you do differently, what sin did you commit? Repent and resume the path of righteousness.

6. Work to remove all traits of hypocrisy from yourself.

7. Succeed or die trying; that is in-itself success

8. If you have a sincere intention to pursue a particular matter you have succeeded already, as for successful people the vision of the finish line comes before the tedious process

9. If you make an intention sincerely for Allah, the full deed is written down for you even before you bat an eye lid

10. A sincere intention requires a concerted, deliberate effort, continuous, persistent and consistent

11. When it all fails, remember, same goal different approach

12. So many unanswered questions? Pray, all will fall into place, just a matter of time.

13. Slow but sure, keep your vision of success and do not waver by the pomp and glitter of illusionary happiness

14. Beware of the enemy's tricks; Yes, beware of the tricks of the devil (Shaytaan)

15. The straight path has many hurdles

16. With the help of Allah,
all good(khair) will be
achieved

17. The biggest
good(khair) is to see the
Noble Face of Allah. Oh
Allah we ask by your Face
to give us Jannah (Paradise)

18. When all the paths to
the dunia worldly life) are
blocked, turn back to Allah,
The One that provides for

you from sources that you
can never imagine

19. Life is an illusionary
transit, the more you get
bogged down in its
intricacies, the more
confusion you acquire, but
the more you turn back to
Allah, the clearer the
straight path becomes

20. Life is a test. Each
person has a tailor- made
path to success. Turn back

to Allah and your path
becomes clearer

21. The paths of darkness
are many, while the
straight path is one; it is
clear as day, and wide to
walk upon, and it is found
in following the Quran and
Prophetic narrations

22. The one who has been
guided to the straight path
has attained all good
(khair), and the one who

has been led away from it

has only Himself to blame

23. Success is not measured in material gain, but it is in wealth of the heart, pure intentions, and steadfastness upon the path of success

24. If you do not pass a test of Allah, it will be repeated many times until eventually you pass by His will

25. How merciful is Allah,
who gives His slaves many
chances to turn back to
Him in repentance

26. Why be concerned
what the people think? Turn
back to Allah and resume
your sincerity to Him

27. Whatever happened to
the man with a thousand
questions?...he eventually
meets someone like
minded as himself

28. You can never rise to higher levels of righteousness until you raise your levels of patience

29. Wait, be patient and never tire of being patient

30. Patience is a key ingredient to attaining the gardens of bliss

31. When you realize that knowledge is limitless, your heart further humbles itself

to the Most Knowledgeable
(Allah)

32. The more sincere you
are to Allah, the more Allah
opens for you the path to
guidance

33. Every so often one
must stop what they are
doing and remember The
One that you are doing it
for (Allah)

34. Be sincere, then
continue on the path of
righteousness

35. After waiting, just wait
a little longer

36. Have hope, be patient,
the wait will soon be over

37. Be that little seed of
hope among buildings of
success that will never give
up hope until the tree it's
destined to be will be

38. True success: As soon as you realise the greatness of your Lord (Allah) above, and the Highness of His Names and attributes and then worship Him correctly to the best of your ability

39. The soul reaches the destination before the mind catches up

40. Judgement day is dawning upon us, prepare

41. When there is so many
hurdles in your way, pray
and continue on your path

42. Don't get fooled by
the pomp and glitter of this
temporary abode

43. Be confident, not
haughty. There is never a
good end for the haughty

44. Those who are fixated
on the goal will never live
the same life as the many

diverted by the seemingly-truthful deceivers

45. It is the end that counts, so always be on guard and live every moment like it is your last

46. Theories can always be proven wrong, divine truth can't. The liars may try to conceal or misguide; however, their efforts are like an ant trying to physically conceal the

grandeur of an adjacent mountain

47. Islam is a divinely revealed reality that must be adhered to. All will see on the day of Haqq(truth)

48. Psychology is predominantly based on whimsical theory, suluuk (Orthodox Islamic Spirituality) is a reality from divine revelation

49. There is no greater human understanding of the psyche except through the study of suluuk (Orthodox Islamic spirituality)

50. If you do not strive to align your mind, body, soul, and emotions into near-perfect synchrony, one of them would make a mess of your spiritual journey

51. Do the things you know you should do, and the things you don't know will soon become clear

52. Knowledge is only **potential** power; the one who knows his awaiting journey through and through but doesn't take necessary action is not much different from the one who didn't know the journey at all.

53. Victory is for the
obedient to Allah

54. Oh seeker of honour,
where do you stand in light
of the Quran and Sunnah
(the way of Prophet
Muhammad peace be upon
him)

55. Are you up to date
with the current news of
your own household, which
you will be asked, not
about the whole world

56. If you believe that studying ends at the acquisition of a certificate, then you do not understand the value of continuous learning

57. Wealth of the heart may reap wealth of this world, but the latter may not reap the wealth of the next

58. Love for the sake of Allah is not displaced,

whereas love for other than
Him most certainly
dissipates

59. Worldly wealth comes
to an end, but that of the
next endures

60. Pray for a good
ending; a bad ending is not
worth anything, as those
destined for it would wish
to be dust.

61. I would rather quench
my thirst with a sip of water

full of blessings, than with a
full cup containing blight

62. To recognise
something in this world,
you have to know it

63. Lack of knowledge is a
breeding ground for deceit

64. To be blessed with
little is diametrically
opposed to being cursed
with a lot

65. With all temporary fixes, they are just that...temporary

66. Focus and eliminate the root cause of the problem, and not solely its effects

67. If you do not have cloth to cut that coat, then ask The One (Allah), who provided you with the ability to ask

68. Difference in perception is not the end all, but difference in belief is

69. Some people sell their souls for a price, however the price cannot buy it back

70. It is better to submit your heart to Allah than to face the penalty for your resistance

71. Fleeing to the mercy
of Allah is the fleeing away
from His punishment

72. Do what Allah wants
you to do and He shall
provide you with what you
need, and Allah is The Self
Sufficient

73. The One who created
you knows you better than
you know self

74. Self-awareness is
unfruitful without the

awareness of the One
(Allah) who provided it to
you in the first place

75. Ample patience is
required along the way to
success

76. Without patience you
can never reach your goal

77. Self-awareness
without the awareness of
its Bestower (Allah) is like
going on a journey without

knowledge of your destination

78. In this world it is better to give generously than to withhold unreasonably

79. Generosity accumulates reward in the hereafter (by the will of Allah)

80. Better to be a tortoise travelling in the correct

direction than a hare taking

other than the due course

81. Better to be patient
than to pay the penalty for
haste

82. If what is intended of
haste is heed then this is
good, but if what is
intended is an unthoughtful
spur of the moment then
even a bull is more
proficient

83. The heart is like a satellite dish, the frequency you tune into is the channel you receive

84. Purify your heart before you corrupt your understanding

85. Purify your understanding before your action

86. Purify your action before your reckoning

87. A compound diet
requires compound
medicines

88. A simple diet is part of
the cure

89. Blessings (from Allah)
make a plate for one a
feast for three

90. The love of Allah
grants you all that you
require.

91. The love of Allah alone
grants you the love you

require from others, but
love of others alone keeps
you away from both

92. You can be at peace
when you worship Allah,
both at times of ease and
at times of difficulties

93. Better to tell the truth
then endure, than to lie and
miss out on the opportunity
to grow

94. Follow the straight
path, don't falter

95. Be steadfast, don't

waver

96. Be persistent, but

most importantly keep a

constant eye on the

objective

97. To walk a thousand

miles to the oasis is better

than walking a mile to a

mirage

98. Believe without

omitting the last 2 letters

99. Patience is the easy way to success, and is the only way

100. Whenever you lose a battle, stop and thank Allah as He is preparing you for the sure victory (Allah willing)

Spiritual Levitation 1

1. Face your fears, and pray to Allah always

2. You can never attain true success (i.e. in this world and the next life), until you worship Allah correctly and seek His assistance continuously/continually
3. If you choose a life of worshipping Allah in all that you do in your life, then(by His will), all that you desire will come to you submissively.

4. Every time you feel like giving up, turn back to Allah(whole heartedly)
5. Concentrate on bettering yourself. The general rule of thumb is that the better you are, the more those around you get affected positively.
6. Keep on being patient, and never stop being patient, until your soul exists the collarbone.

7. In patience, there is wisdom from Allah. He is showing you that He is The One that controls everything
8. Modern day monks(and practitioners of abstemiousness) can sometimes be found in cities and towns.
9. The more you practice Zuhd (Orthodox Islamic Abstemiousness), the

more your heart lets go
of the world. Then the
more the world clings on
to you(metaphorically
speaking).

Spiritual Levitation 3

2. Don't blame people for
the bad they do, just advise
them. Call them wisely to
the truth, even if it be just
through your actions e.g.

smiling, cheerfulness. Most importantly, supplicate for yourself and for them.

Make the du'a/ supplication in the sunnah(narrations of Prophet Muhammad, his actions and tacit approvals) for seeing a person in affliction(partly to protect yourself from the destruction etc. upon them), advise them(if you

can), and leave the rest to Allah

3. Don't be quick to judge people, Leave that to Allah; we judge only from the apparent, using the Quran(uncreated speech of Allah) and the authentic sunnah(speech of the Prophet- peace be up[on him-, his actions, and his tacit approvals- who only

spoke from revelation). The hidden matters of peoples actions; leave that to Allah

4. The one you are judging, may be better than you in the sight of Allah, He/ she may be facing greater trials than you could handle. Be gentle with people, and supplicate plentifully for them, especially in their absence.

Most importantly supplicate
for yourself.

5. Only through patience
can you endure all worldly
obstacles(by the
permission of Allah)

Spiritual Levitation 2

1. Never let go of your
(correct) religious
principles

2. The enemies surrounding you (i.e., Shaitan/ satan and dunia/ the seeming glitter of the world) (and within you, (i.e., your hawa/ desires and nafs/ your lower self) are always ready to launch attacks. Be vigilant (i.e. by supplicating to Allah always), be informed (i.e. seek knowledge) and be ready (for the ongoing

spiritual battle/ warfare)
and on guard(by
beseeching Allah's
assistance, refuge and
rescue)

3. Sometimes you have to
let go of certain things,
for a new chapter if your
life to begin

4. Whatever is with Allah
(by His protection)/
Everything that is with

Allah (by His protection)

is never lost

5. It is at that breaking

point, when you literally

(and metaphorically) feel

that you are fast-

approaching rock bottom

(or anguish is about to

set in); that is the time

to supplicate for all the

good that you wish for.

Then wait for the

miracles that shall follow
(only by the will of Allah)

6. Always ask for Allah's
bounties/ favours upon you
(whether you hear the
cockerel crow or not)

Inspirational Gems

1. Religion (The way of
life) is not just a label that
one wears. You must be
able to experience the

positive effects within yourself , and thus be able to positively affect others even without saying a word

2. If the commander in chief(i.e. the spiritual heart) is not in full control of his subjects(i.e. the limbs and all other faculties) then inevitable disaster awaits.

The only way the commander in chief can achieve this just, wise rule

is by having knowledge of The True Monotheism of Allah, and embedding the internal qualities of the Prophet (peace be upon him) within themselves. Therefore, one internally and externally acts by Divine Guidance(i.e. the subjects happily carry out the chief's commands)

3. If you actually took the time to observe your

children and actually listen to what they are trying to tell you/ share with you, within due reason and boundaries, you would learn lessons not even your friends could teach you...children are a special gift from Allah, so treat them well, and nurture them according to their nature/disposition/developing mental capacity. Most

importantly, instil in them religious ethics and good character

4. Allah is the one that controls the hearts of the insaan/ mankind: Have you not heard the Hadith of the Prophet (peace and blessings of Allah be upon him): 'if Allah loves a person, He calls Jibreel saying, 'Allah loves so and so; O Jibreel love him.' And

make an announcement amongst the inhabitants of the heaven: “Allah loves so and so therefore you should love him also, and so all the inhabitants of the heaven would love him, and then he is granted the pleasures of the people on the earth.”

[Al-Bukhari and Muslim].
So, do what is right, don't fear the blame of the blamers, and be rest

assured that the matters of the seen and the unseen are totally in the hands of Allah.

5. Don't be fooled by Shaytaan, who only wants to see you sad and crippled, so that he can launch his weak attacks.

Allah says in the Qur'an (4:76) Chapter 4 Verse 76 ; "Ever feeble indeed is the plot of Shaytaan (Satan)".

6. The interesting thing about life, which further elaborates on the Mercy and Wisdom of Allah, is that He always gives us a chance to change. He gives us signs, one after another, in order that we repent to Him, and return to the straight path. The more we accept these lessons and follow accordingly, the more He leads us(by His

Will), to the path of righteousness, and to remain upon it. Otherwise, our open refusal only sets us down the paths of never ending misguidance and destruction, to the point where one actually loses themselves; Allah says in the Qur'an, Chapter 42 verse 45 "And you will see them brought forward to it (Hell) made humble by

disgrace, (and) looking with
stealthy glance. And those
who believe will say:
"Verily, the losers are they
who lose themselves and
their families on the Day of
Resurrection. Verily, the
Dhalimuun [i.e. Al-Kafirun
(disbelievers in Allah, in His
Oneness and in His
Messenger SAW,
polytheists, wrong-doers,

etc.)] will be in a lasting torment."

7. If you cannot successfully lead yourself, you cannot successfully lead others

8. Sins aren't always those that you can openly see. Many sins are committed in the confines of your spiritual heart, those deep seated unrestricted ill feelings and

desires that only Allah sees...always ask for guidance from the One Above, repent to Him, and seek His forgiveness.

9. Many Parents should wake up: if you keep treating your children like they are still babies, this may have long-term detrimental effects. Give children some level of guided independence, and

directed decision making; especially when they reach the age of mental/intellectual discernment (which is around 7 or so), then they will feel respected and start taking initiatives. Allow them to think out of the box of fantasy and false reality that so many parents put their children in. If your child has the ability to

memorise about 50 to 100 different cartoon characters, with their names and their associated roles, then Allah is showing you, that in its place, he can learn 100 or more verses from the Holy book (with its meaning and associated actions).

Parents, wake up from the sleep of heedlessness.

Allah says in the Quran to

the believers; “Save yourself and your families from a fire whose fuel is men and stone”... Save yourselves...don't let societal norms divert you from your spiritual goals; it is either to Paradise or Hell; You as a parent, have a major pivotal role in your children's/ child's life journey.

10. Don't seek fame: Be sincere towards Allah, and stick to the straight path; The One who does something sincerely for Allah(i.e. seeking His face), Allah will help him. Allah says in Chapter 65 verse 2 "And whosoever fears Allah and keeps his duty to Him, He will make a way for him to get out (from every difficulty)".

11. One thing that we can reflect on from the world of the animals, is that Allah gave them different roles, functions and benefits that they provide to themselves and the environment. They worship Allah and act accordingly, which proves that many people can't even match an animal's status, in terms of knowing what is good for them and

acting therewith. Allah says
in the Qur'an, Chapter 7
verse 179; "And surely, We
have created many of the
jinns and mankind for Hell.
They have hearts
wherewith they understand
not, they have eyes
wherewith they see not,
and they have ears
wherewith they hear not
(the truth). They are like
cattle, nay even more

astray; those! They are the heedless ones."

12. What are our priorities? Allah says in The Qur'an, Chapter 3 (Aal 'Imraan) verse 154: And whoever desires a reward in (this) world, We shall give him of it; and whoever desires a reward in the Hereafter, We shall give him thereof. And We shall reward the grateful. In

the Qur'an, Chapter 17 (Al
Israa), verse 18-19;
“Whoever desires the
quick-passing (transitory
enjoyment of this world),
We readily grant him what
We will for whom We like.
Then, afterwards, We have
appointed for him Hell; he
will burn therein disgraced
and rejected. 19. And
whoever desires the
Hereafter and strives for it,

with the necessary effort due for it while he is a believer, then such are the ones whose striving shall be appreciated, (rewarded by Allah)" And in the Quran Chapter 42 (Surah Shuurah) verse 20-21; Whosoever desires (with his deeds) the reward of the Hereafter, We give him increase in his reward, and whosoever desires the

reward of this world (with his deeds), We give him thereof (what is written for him), and he has no portion in the Hereafter.

13. Don't be put off by hatred. Be patient with all harm that comes from following the path of Allah; you would be surprised when even your worst enemy comes to take you as a close friend. Have you

not heard the verse of Allah
in the Qur'an (41:34) Surah
Fussilat verse 34: "Repel
(the evil) with one which is
better (i.e. Allah ordered
the faithful believers to be
patient at the time of
anger, and to excuse those
who treat them badly),
then verily! he, between
whom and you there was
enmity, (will become) as

though he was a close friend.

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Spiritual Reflections of an Orthodox Islamic Immigrant

2. Parable of the importance of knowledge: Know your button mushroom from a magic mushroom, as

eating one is a blessing,
and eating the other is a
potential sin.

3. Parable on dedication:

When the light refuses to
switch on, use an
alternative power
supply.

4. Importance of travel:

Sometimes, the things
you wish for are not

always in the locality you currently reside in.

4. Tests of Allah: It is not until you live deeply amongst the ignorant , that you would know whether you are yourself the same.

5. In a land of deep seated Jahiliyyah, I give you an advice my fellow brother or sister, never open Pandora's box even if

you can physically get out eventually, the spiritual, emotional and intellectual damage to your being may never heal. Important lesson; Never argue with an ignorant one. Don't even contemplate or think about it.

6. Always turn back to the Creator. Don't let the people's negative,

abusive and derogatory
words put you down.

Trust in Allah, He will
fulfill his promise to
those who fear and trust
Him alone.

7. If you are following a
path that you are not
meant to follow, the
Creator will make it very
clear to you, as long as
you constantly seek His

counsel. (i.e. Istikhaarah), you are sincere and you demonstrate never-ending patience (only for the sake of Allah).

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Spiritual Diamonds from The Land Of Worldly Wealth

1. The trick to attaining spiritual stability in life, is to align your wants with your needs
2. Once you have aligned your wants with your needs, the doors of spiritual

satisfaction and
contentment make
anchor within- by the
will of Allah

3. Once you give without
expecting reward from
the people, you will
experience spiritual
upliftment

4. If you act
mindfully(within divine
principles), sooner or
later, you will receive a

King's welcome- In shaa

Allah

5. Some of life's problems can't always be totally eliminated.

Sometimes, you just have to put out preventative measures and carry out damage-mitigation

6. Do not be afraid to go through short term losses(from what most

perceive) for longterm gains

7. Live by your accepted life values, don't only blurt them out

8. The one with the largest titles, in the face of critical tests, may be as intellectually incompetent as a newly born (with few righteous exceptions)

9. Be a Location
Intelligence Expert, for
your own soul, so you
may warn it against
oncoming dangers

10. Part of wisdom is not
to always say what you
know

11. There is a thin line
between refusing to
wear your coat of
wisdom, and that of

purposefully choosing to
wrap yourself up with a
flammable
garment(amidst a
blazing fire)

12. You may have a wish
or ambition to do or
achieve something, and
depending on your level
of purity and closeness
to Allah, He Jalla Jalaali,

may just choose to grant
it to you- in Shaa Allah

13. The spiritual
battlefield is not for the
faint-hearted; it can
completely incapacitate
the most intellectual of
minds, cripple the most
physically strong, and
ofcourse, which trick
does the Shaitaan
frequently use other

than insinuating individuals, and moreso spouses to emotional warfare, eventually leading to community breakdown and general community/social unsettlement. Bonus Original quote for further research and contemplation- In shaa Allah

14. The amazing thing
about patience is that,
after many years of
descending upon its
seemingly inescapable/
never-ending trough,
then ascending and
escaping its peak, you
realise that you actually
needed that lesson for
your personal success.

.....

.....

Fruitarian

One fruit a day keeps
the Doctor away, Five
fruits a day keeps the
Physician at bay, Ten
fruits a day puts the
Surgeon in disarray. And
adding plant based,
whole grain foods,
alludes to the unethical,
malady- inducing entities
of perpetrating Bio-

medical and Health-
Endangering dismay

.....

.....

Life Ponderings

1. Behind every (seemingly-) negative person/ event is a positive person or event waiting to unfold[by the command, will,

permission and wisdom
of Allah]

2. Point of introspection/
contemplation: Is there
any use giving a person
a statement of peace,
when all your actions
towards them is war?

3. You can not talk to a
brick
wall(metaphorically
speaking)[...or can you?]

Life Advice 2

1. Never give in, never give up and seldom give out the secrets of your blessings, for many will not appreciate the special blessings you receive
2. Always give out your possessions to aid the

Creation; including your time, money, love, care mercy etc. as, when and if required, at the appropriate time, and in the appropriate context

3. Never dish out negativity, for it is a dish that only causes upset stomachs (metaphorically speaking) and upset people.

4. Be a positive chef and always cook up great positivity. Entice people positively with all types of exotic and novel (never seen by the people/unwitnessed before/ seldom practiced) characteristics that will connect the hearts back to The One and Only Creator; Allah, Subhaana wa ta'aala/ Glory be to Him,

The Most High, High is He
above all that they
associate as partners with
Him

5. Shed a tear, two or more,
for the sake of Allah/ Your
Rabb/Creator/ Lord. Believe
me, for each tear, you
would feel tonnes better

6. Seek a path to your Rabb/ Creator/ Lord. Allah says in the Quran:
“ So, flee to Allah”/ “fafirruu ilallah”

7. Always be cheerful, be positive, and never fear to have fun [just don't lie or transgress the boundaries of your Rabb/ Creator/ Lord]

8. Always take regular
breaks;

Pause...reflect...then

press play. Your soul will
thank you for it.

.....
.....

Life Advice 1

1. Never argue with
anyone, never judge
anyone, never look down
on anyone. Pray for

yourself, and pray for everyone

2. Forgive yourself and forgive everyone for the sake of Allah. Have a clean slate. Only love what Allah loves, and only hate what Allah hates

3. Never use your desires in the affairs of religion

4. Everything in this world has a purpose. Learn to accept the reality of life, prey to your Rabb and use your energy to better yourself and pray for others

6. Be positive, be cheerful, always smile, and in religion never judge (according to your desires)

5. Take care of the relationship with your Creator, and The Creator will take care of the relationships with the Creation (in whatever form)

6. Be positive, be cheerful, always smile, and never judge (according to your desires)

7. All that is in your life is good for you. Make good use of your blessings immediately, as you never never know when your blessings will be taken away from you

8. Be positive, never hold grudges for the sake of yourself or creation. Only connect yourself with Allah, and NEVER to the creation

9. The Devil wants to trick
you. Seek refuge in Allah
from the devil, seek a way
to your Rabb/ Lord/ Creator

10. Endure, be patient and
keep on praying

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.....

Overcoming Negative Emotions

1. The best way to fight anger and negative emotions/ feelings is to just let go of it
2. Without conflict, we wouldn't be able to separate the real sheep from the deceitful wolves

3. Patience is like a bitter herb, whereas above that is shukr which is as sweet and as fulfilling as pure unadulterated honey

4. The more you have to work for something, the sweeter the internal enjoyment is, at and beyond that thing's innate threshold of success (by the

will, permission and
command of Allah)

5. Just like business, you
cannot build a successful
Emotionally Positive
Enterprise in one day

6. To be a lover, you must
love, otherwise, even the
one full of hatred may at
times positively emerge

from their constantly negative bouts of emotion

7. Be like an infinitely (i.e. tending to) stretching rubber band; that way after negative ephemeral forces let go of you, by way of whispering coercions (and otherwise- as in the case of human Shayaatin/ devils), you always bounce back to your positive centre. Most

importantly, always remain connected to your core principles, values and beliefs

8. Silence in a state of anger, will save you an eternity of regret

9. Be patient. Take life slowly and gradually as it capitalizes (by the will of Allah). No sane individual is

known to eat a raw grain of rice directly from a cooking pot before the contents of the pot boil and soften; we are not chickens, so behave like a human and patiently wait for success at its due time

10. Life is a journey, but most importantly a process;
Have your positively ephemeral and divine goals

and just enjoy the speed
bumps on the way.
Whatever you do, DON'T
RUSH/ DON'T BE HASTY

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.....

Spiritual Orchestration

1. Spiritual Monetization:
Worry about logs not twigs.

Explanation:

The people of the book
(Jews and Christians) quote,
from the nearest meaning;

“ Take care of the log in
your own eye, and not the
twig in another’s eye”

Taking from this
statement, you must not be
scared to confront your own
heart. You must turn back
to Allah. Take responsibility

of your failures/
weaknesses. Ask Allah to
forgive you, pardon you and
guide you.

2. Remote working;

Carry out the work/ tasks
that Allah/ God has
assigned you

Explanation

Allah says in the Quran,
Chapter 51, Adhdhariat
Verse 56:

“I did not create mankind
and Jinn except to Worship
me”

Imaam Muhammad Ibn
'Abdul Wahhaab says in the
beginning of his
book('Usool Thalaatha- The
3 Fundamental Principles)

“Know, May Allah have mercy upon you, that it is obligatory to have knowledge of 4 matters

1. Knowledge”

So, to worship Allah alone, we must know Allah, and to know Allah, we must seek knowledge.

May Allah guide us all

Ameen

3. The 100/ 0 rule

For success in this world
and the hereafter.

Explanation

Allah says in the Quraan
“Whoever seeks the reward
of this life(dunia), we give
it to them, and whoever

seeks the reward of the hereafter, we give it to them..."

So, the 100/0 rule which I coined is to always be in the worship of Allah, whether you are sleeping, working, relaxing, in a group etc. Everything you do by your intention to seek the face of Allah becomes

worship(everything that
Allah loves)

For example, before
you sleep, make the
necessary supplications,
and intend the face of
Allah, such that you intend
to rejuvenate yourself to
carry out more
ibaaadah(worship) when
you wake up(if you wake
up)

Allah says in the
Quran

“Verily my prayer, sacrifice,
my living and my dying is
for (Allah), The Rabb(Lord)
of the ‘alameen(mankind,
jinn and all that exists)”

.....
.....

Longevity in Marriage

1. Without deep knowledge
of yourself, you may not be

able to understand your spouse. But before that, without firm knowledge of Allah, you cannot understand anything or anyone, not even yourself

2. For longevity in marriage, you have to be prepared to better yourself regularly in order to overcome the long marital journey; just like a car must

continuously be fuelled up
in order to endure a long
intercontinental cruise

3. Without disagreements
and challenges, you won't
know whether you love
your spouse enough to
endure the marriage.

4. Stacked, unjointed plates
will always clash one onto
another when subject to

motion , just like 2 unconnected spouses would always clash when subject to emotional trials. The less you are positively glued together, the more the clashes will be, or worse still, complete breakage of both plates(i.e. divorce)

5. Without constant forgiveness, pardoning,

overlooking of faults, and forbearance, a positive marriage is seldom possible

6. Concentrate on your spouse's positive traits and characteristics, and look over their faults and tarnishes

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.....

Spiritual Levitation 4

1. If you don't believe in
miracles/ miraculous
events/ positively unusual
events, then you have
underestimated Al
Mutakabbir(The Supreme),
Al Qawii(The All Strong), As
'Azeez, AshShakur(The
Multiplier of rewards), Al
'Adheem(The Great), fa
'allullima yureed(The One

who does what He wills) i.e.

Allah

2. Be patient. Submit completely to Allah, and know that He cures all illnesses, including the sickness of our hearts, sadness and grief etc.

3. It is not until you let go of negative emotions, that a world of positivity opens

up to you- by the will of
Allah

4. Through the tears which
you cry (both internally and
externally), know that Allah
is ever near to His creation
(by His knowledge). He is
especially answering
towards the oppressed
person (and Allah knows
best)

5. When you feel oppressed, or you are facing many barriers on your quest to happiness and success, stop for a moment and praise Him (Allah), Who Has provided you with much provision, favours, bounties and blessings.

6. When your heart/ spirit feels stuck somewhere, turn back to Allah, for He tells us that:

“Verily in the remembrance of Allah, do hearts find rest”
Quran Chapter Ra-d, The Thunder, Chapter 13 Verse 28.

7. Be a spiritual escapist; don’t be stuck where you

don't want to be- by the will
of Allah

8. You must die trying to
achieve your (righteous)
goals- in the name of Allah-
and by His Will

9. The more barriers that
are in your way, the more
Allah is meaning to elevate
your status, in both this

world and the hereafter-only by His Will.

.....

.....

Spiritual Traveller

1. The trick to attaining spiritual stability in life, is to align your wants with your needs

2. Once you have aligned your wants with your

needs, the doors of spiritual satisfaction and contentment make anchor within-by the will of Allah

3. Once you give without expecting reward from the people, you will experience spiritual upliftment

4. If you act mindfully
(within divine
principles), sooner or
later, you will receive
a King's welcome- In
shaa Allah.

5. There reaches a time
in some people's lives,
where, in order to
maintain intellectual
congruence

& sanity, sincerity to
Allah, spiritual
uprightness,
physical calmness and
emotional balance &
integrity,
you must block out
certain darknesses
that only the spiritual
eyes can see, just the
way one patches up a
damaged roof/ wall

6. When your spiritual
eyes are wide open,
not even

The Shaitan can convince
you otherwise, as Your
Rabb has allowed your
spiritual eye to encompass
your enemy the way a
spotlight encompasses
a
sought out criminal

7. Don't fear spirituality,
however, do fear it's
absence in you

8. Most people don't live
up to their words

9. The amount of times
you may hear people
swear and making
oaths in the name of
Allah, you may ask
yourself whether The

Mahdi/ Reviver has arrived, only to realise that the Shaitan has deceived many on the face of this Earth

10. Only Allah's recompense is sufficient for those who make false testimonies in the name of Allah purposefully to throw people into trouble and destruction, let alone towards the

Muslims, Believers,
Muhsiniin etc. Not even
the Prophet's (Peace be
upon them all) were safe
from the harm of these
type of people

11. The one who sees the
light but purposely
chooses to remain in
darkness; pray for them
and do not entertain the
call of their devil inviting

you to the never- ending
paths of darkness

13. Don't be tricked by the
Shaitaan; always be
vigilant and trust that
Allah will guide you to
the straight path in Shaa
Allah. Start with sincerity
of intention. May Allah
purify our hearts and
intentions Ameen

14. The biggest talkers are
seldom the biggest
walkers

15. Very few people
continuously,
consciously, constantly
and consistently
endeavor to align every
faculty of their
existence, whether
physical, mental,
emotional, spiritual and
otherwise, COMPLETELY

to the Quran and sunnah
according to the
understanding of the
Sahaabah

16. Many people do not
realise that you can not
win a war with one
whom Allah has chosen
to protect, even The
head Devil, Iblees knows
this

17. Seek knowledge, act
accordingly (with

wisdom), call to the Truth and be patient through the resulting trials in-order to obtain a noble standing in this world and the next (by Allah's mercy and favour)

18. Anger and harshness have never, and will never build a safe and beautiful environment.

May Allah purify our hearts

19. Don't shout at cattle and their likes, as they cannot hear, just lead them aright within your humanly-possible means, and leave the changing of the hearts and even the changing in physical appearances to Allah Subhaana wa ta 'aala

20. If intellectually and strategically, it is a sincere, clear and unadulterated victory, the next steps is either acceptance of the truth, then change, or denial and remaining on falsehood, or intentionally choosing to enter into darkness

21. The ones who consciously endeavour to

walk in the light of divine guidance and their enemies, who walk in the paths of darkness know themselves in the spiritual realm. For those that want only Paradise and to see the face of Allah Jalla jalaali, you have The Prophets to follow, and those that want other than that, then that path is also

clear and extremely easy
to tread upon. May Allah
guide us Ameen. May
Allah purify our hearts
and intentions Ameen

22. Things are not always
as they seem. Leave
those that Allah has put
in certain places/
circumstances and who
He has given certain
abilities, to carry out

their God- given task (by
the will of Allah)

23. You will not truly reach
the peak of attaining
knowledge until you start
to understand the
importance of learning,
understanding and
implementing the words
of your Creator.

Humankind as a whole is
currently, and until
judgement day, bound

by the last testament.
One must also make a
sincere intention to learn
the language that Our
Creator chose to send
His words down in,
further being the
language of Jannah/
Paradise

24. When propagating
religious values and the
importance of the Arabic
language or Quraan, do

not add in your own
nationalistic/ personal/
tribal/cultural twists that
have no basis in Divine
Law, otherwise many
may be hindering people
from the right path

25. In Orthodox Islam, it is
known that ignorance is
filth. Eliminate ignorance
from yourself through
seeking knowledge

26. Those closest to you physically and emotionally could be the ones plotting most against you. Think about it, your closest companion from the Jinn (i.e. your Qareen) works day and night to misguide you and to take you to the hellfire. So, turn back to Allah, repent and obey Prophet

Muhammad pbuh, read
and completely &
sincerely implement the
last Testament.

27. Whenever you love
something or someone
divergently, The Creator
will test you continuously
with that thing, until your
love and attachment is
only for Him (Allah
Subhanna wa ta 'aala)

Spiritual Metamorphosis

Stage 1. Be like a caterpillar in its prickliness (by default)/ raw gathering of information/ constant search for knowledge/ constant collection/ eating of leaves/ constant devouring/

assimilation of spiritual
knowledge

Stage 2. Be like a Cocoon,
in its fixed state of
(protective)
development/
contemplation/
pondering/ reflection/
pre-meditated seclusion/
one who constantly
frequents and spends
minutes/ hours/ days in
their personal space/

mihrab/ place of worship/
place of contemplation

Stage 3. Be like a butterfly
in it's dazzling beauty
and vibrancy of colours/
vibrant characteristics/
freedom of flight/ pre-
ordained actions

Allah says in the Quran:

“ Afalaa tadaabaruun”/
“Do they not reflect/
contemplate” **146**

Poetic Statements for My Love

Umm Maryam

[My wife is Umm Maryam,
and what is Umm
Maryam(i.e. what should
I say about her)? Her
worship of Allah(from
what the eye can see)
comes close to no one I

have ever witnessed before(with my own eyes), her supplications are always answered(from what Allah has blessed me with of little knowledge).

Her worldly beauty has a distant resemblance to that of The Hur Al 'Ain of Jannah. On top of that, Allah has fully concealed it to none other than her

husband, through her niqaab. Her zuhd/ abstemiousness has a resemblance to the one who's name she bares, from the Quran and Sunnah; Maryam 'aleihaassalaam. Her detachment from the dunia is undescribable, and just like Maryam 'aleihaassalaam, her provisions from her

Creator never cease,
whether her husband
provides for her(from
the little he has) or not.-
Abu Abdillah]

“My husband is Abu
Abdillah, and what is Abu
Abdillah(i.e. what should
I say about him)? (Has) a
determination
unmatched by many of
his contemporaries. An
aspiring zaahid, barely

appearing to be connected to the world, and with a large heart both physical and metaphorical. A man extremely quick to anger but is quickly soothed by the verses of the Quran and authentic narrations of the religion. His ambition is unmatchable to many, and coupled with his Tawakkul(from

what one can humanly observe), always seems to get whatever of the halal he sets his heart upon, or better(directly from His Rabb/ Creator)"

Poem 1

If I had to trade the whole world and it's shimmering, glimmering beauty to enter paradise with you as my wife, I would and I have,

I would walk to the moon
and back just for your
companionship in
Jannah, and I have.

I would sacrifice my money
for our companionship,
and I have,
with the little I can afford.

If I could be with you now
to wipe your tears and
be a shoulder to cry on
and a pillow to lay on, I
would, and you know I

would...I love you and
always will

Poem 2

If I ever knew

If I ever knew I had to climb
one giant mountain to
earn your worldly love, I
would say make it two

If I ever knew there would
be a day without me
speaking with you,

I would filter my speech
and think about what I
said to you,
momentarily, through
and through

If I ever knew I would cause
a drop to fall from your
eyes, being a reflection
of the pain I would cause
you,

I would plea with my Rabb
to summon the sea to
cool your frustrations,

I would ask my Rabb to
hasten His mercy upon us,
positively regenerate my
thoughtless remarks,
purify my heart and
make my soul renewed

And if I knew there was a
day I might lose you, I
would trust in my Rabb,
and pray to him ardently
to diverge this calamity
from the Qadar towards
the Qadar,

So I may forever be with
you

Poem 3

The wind that blew
Oh what sorrow, when I lost
you,
Amongst the souls lined up
with Prophet Adam,
Me and you intermingling
spiritually with one
another,

Then it was just then, it was
like the wind blew

Separated on Earth through
lineage, searching
through the worldly
rubble, looking

only for you

Until I found my soul mate
once again, rejoined,
realigned, rekindled, a
friendship we
remembered once anew

And that's when it
happened again,
suddenly it was like a
wind just blew

Poem 4

How I long to hold you in
my arms, and tell you it
will all be okay.

How I long to have you by
my side, fingers gently
interlocked,

And tell you do not be
afraid,

Not because of your lack of
Taqwa(of Allah),

But the permissible fear of
losing one another
through the plots of
Shaitaan, and the
realisation that yes it is
all alright...

As I stand face to face with
my Love in Jannah ,

gazing eternally into your
eyes

Poem 5

Worldly death would be
sweeter for me than
even an atoms thought
of the possibility of
losing such a priceless
gem like you, of which
no proficient merchant
would be able to
purchase, however much
they perfected there
trade, and however
many worldly days they
would toil.

You are special, not just
because I think so, but
because you are a
special blessing from
Allah, of which no human
word could do justice...

How I wish to wake up in
Jannatul Firdaws with
you by my side(forever),
only to realise that the
worldly turmoil was all
but just a dream...

Quotes Random

1. True purity of heart is to forgive everyone, even if you have the right to dislike, hate, or even to curse them, from any sort of personal grudges(at the bare minimum) , purely and solely for the sake of

Allah... This is true purity
of heart

2. True love is to love someone, ONLY and PURELY for the sake of Allah. Even if they don't understand, accept, appreciate or even believe that you love them, And even if they tried to do everything in their capacity to shun

you, you'd still hold on,
ONLY and PURELY for the
sake and love of Allah...

This is true love

3. In life, you can never nor
will you ever understand
everything... Just Praise
Allah for all your
blessings, at all times.
Face your front and
concentrate on your path
to Allah

.....

.....

Reflections of a submitting slave

1. Without unpredictability,
creativity can not exist
2. When you completely
submit to Allah, He ALONE
will

show you secrets you never
knew existed

3. The secret to submitting(to Allah) completely,
especially to His Qadar(at the strike of calamity), it
that Allah is testing your belief and trust in Him, in order that He may see you fit to teach you what you did not know(although, you may have thought you did)

4. There is a beauty to the submission of Allah, that no soul can tell you, except those who have tasted it

5 Don't judge people. As some say: "Face your front" i.e. take care of what concerns you, and do not preoccupy yourself with that

which does not
concern you

6, Bliss is at the top edge of
calamity

7. Have no doubt in Allah,
and He shall fulfil your
purpose

8. When it seems that all
roads lead downhill,
have

muraqqabah(watchfulne

ss of Allah). Know that Allah is watching your heart and actions, waiting for you to fully submit to him

9. Don't be in constant distress over where you are physically; take care (by the will of Allah), of your positive inclinations, wishes and desires (within your Allah- given capacity),

and Allah will take care
of the rest of your
faculties, physical/
spiritual existence/
location and otherwise

Reflections of a submitting slave Part 2-

1. It is not for you to worry
about what the reality of
what happens to you.
Your main concern, is
taking care of your

reactions- in light of your
belief in Allah

2. Failure is in lack of
patience; all sought-after
success awaits you at
the other end of
patience; through its
bitter, cold tunnel
(metaphorically
speaking), of which only
Allah brings one ease.
Completely submit to
Allah (ALONE), and

completely humble
yourself to His Grandeur
and decree

3, There is a wisdom to
everything. Allah
decrees everything. No
one will ever know the
secrets of Allah. The
least one should do, is to
know Allah, believe in
Him, worship Him alone,
and trust completely, in
the unseen with Him

4. Everything that Allah decrees is good; whether one understands that or not. Belief in it is key.
Belief in it is the differentiating factor
5. Submission(to Allah) is bliss
6. Life is illusive. It may just elude you, if one is not careful/ constantly and unendingly watchful.

Don't look to where you are physically (in this temporary abode). Look where your heart is (i.e.. its inclinations, desires, wants, wishes and affirmations).

7. If your heart is in congruence with the path of the Prophets, then rejoice internally(at the bare minimum), thank Allah and keep

moving on the path to Allah. Keep begging Him for further guidance.

8. If your heart is not aligned with the path of the Prophets, then beg Allah with the utmost sincerity, and submissiveness, to guide you.

Reflections of a spiritual survivor

1. Some people believe that just by looking at you(strangely), your Allah- given path would cease
2. Never give in to the demands of one full of hate. It is them that

needs to rectify their relationship with Allah, then with his Creation (the Creation of Allah).

Never give in. Never hate anyone for your own desires

Reflections of an awakening slave(of Allah) Part 1

1. A sincere unwavering intention is initself the

goal, and not merely a
means

2. Physical temporal strain,
is eternal spiritual gain

3. You only live once, so be
righteous, be good
always, do your best,
and live the best life you
possibly can

4. I have never seen a
quicker way for ones
du'as to be answered

other than, completely leaving off harming others by your own desires, and leaving off oppression in all its forms; whether it is to yourself, or the other creation of Allah. Wa Allahu A'lam

5. I have never known of a faster way to destruction except by persisting in harming others

(knowingly) (out of line
with the understanding
of the Shari'ah), and by
persisting in oppression,
in any of its forms
(whether to yourself or
to the Creation of Allah),
more so without a
morsel of regret. Wa
Allahu A'lam

Reflections of an awakening slave(of Allah): Part 2-

1. In the confines of the worldly life, taking all the means never guarantees the specified goal. In the spiritual realm, taking all the necessary means, always guarantees the goal, ONLY by the permission, command,

mercy and forgiveness of
Allah

2. The thing about exercising too much fear(without the balance of hope), is that your inclinations are slightly warped, to say the least.

Thus goes for the one exercising too much hope(without the

balance of fear, or in its complete absence)

3. If you sincerely desire to be in the constant worship of Allah, and under his protection, never leave off these 4:
 - a. Istikhaarah- to seek assistance with Allah in all decisions

- b. Isti'aanah- to seek assistance with Allah in all matters
 - c. Isti 'aadha- to seek refuge in Allah from all that distresses you
 - d. Istighaatha- to seek rescue from Allah, from all that you fear may harm you
4. Physical provision alone should not be sought after from the dunia.

Most importantly, seek
spiritual provision

Reflections on Patience and its fruits-

There sometimes comes in
the life of a believer,
trials so crippling that
during the middle and
end of the trial, one no
longer desires the
physical/ worldly object
he/she had initially
desired, and is now so

filled with internal spiritual gems that he/she would not even dare trade them, even for the whole world, and 10 times it.

Spirituality

1. In essence, psyche(spirit)-ology(study of) is Spirituality

2. Modern Psychology diverted from its roots

i.e. study of the soul/
spirit.

3. In essence, Orthodox
Islamic Spirituality is
Suluuk(Spiritual
Wayfaring)

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.....

2. Spiritually, You may
learn from a child/
youth in a minute
what you can not learn

from an adult in a
year...Wa Allahu A'lam

3. One cannot be a true
companion of Baqarah
let alone a true
Companion of the
Quran,
without(constantly
seeking) a thorough
understanding of
Surah Al Fatihah...Wa
Allahu A'lam

4. Never go into a conversation with anyone(not even a child) with an intention that you know more than them...only then would Allah teach you things you thought you knew, but didn't actualise realise you didn't

5. Pay more attention to
the blessings of
Allah(than to the one
it's sent through), and
you'd learn more than
your heart can
imagine

.....
.....

1 Key to
Entrepreneurialism:

Make use of what you have,
where you are, at any
given point in time

2 Keys to True Success:

True Success takes years/
decades/ centuries/
millenia of planning,
dedication and daily
consistent action. Most
importantly, sincerity
towards the Creator at
all times, and to His
Creation

END
